




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LABOR DAY</b> <b>CENTER CLOSED</b></p>	<p><b>2</b> Zumba 9:30 - 10:30 a.m. Registered Dietitian Group Classes 10 a.m. - 1 p.m. Diabetes 11 a.m. - 12:15 p.m. How to Examine A Dilated Pupil 3 - 4 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m.</p>	<p><b>3</b> Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Colon Cancer Awareness 2 - 3 p.m. Spa. Healthy Cooking 2:45 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids(Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m.</p>	<p><b>4</b> Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. What is Carpal Tunnel? 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa</p>	<p><b>5</b> CPR/First Aid (Ages 14+) 10 a.m. - 1 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Domestic Violence Support Group 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.</p>	<p><b>6</b> <b>CENTER CLOSED</b></p>
<p><b>9</b> Nutrition and Exercise 10 - 11:30 a.m. Lap Read (Ages 0-5) 11:15 a.m. - 12:15 p.m. The Arts of Fruits and Vegetables 1- 2 p.m. Spa. The World of Juicing and Salads 2 - 3:30 p.m. Spa. Self-Esteem 4 - 5 p.m. Spa.</p>	<p><b>10</b> Zumba 9:30 - 10:30 a.m. Registered Dietitian Group Classes 10 a.m. - 1 p.m. Diabetes 11 a.m. - 12:15 p.m. Little Sugar in the Blood 3 - 4 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m.</p>	<p><b>11</b> Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Cervical Cancer Awareness 2 - 3 p.m. Spa. Healthy Cooking 2:45 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids(Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m.</p>	<p><b>12</b> Blood Pressure and Glucose Screenings 10 - 1 p.m. Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. What is Type 2 Diabetes? 3- 4 p.m. Spa Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa</p>	<p><b>13</b> Food Giveaway 9:30-11:30 a.m. Sponsored by SoCal Food Bank CPR/First Aid - Virtual (Ages 14+) 10 a.m. - 1 p.m. Eng. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Helpful Parenting Tips 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.</p>	<p><b>14</b> <b>CENTER CLOSED</b></p>
<p><b>16</b> Nutrition and Exercise 10 - 11:30 a.m. Lap Read (Ages 0-5) 11:15 a.m. - 12:15 p.m. The Arts of Fruits and Vegetables 1- 2 p.m. Spa. The World of Juicing and Salads 2 - 3:30 p.m. Spa. Healing Through Art 4 - 5 p.m. Spa.</p>	<p><b>17</b> Zumba 9:30 - 10:30 a.m. Diabetes 11 a.m. - 12:15 p.m. How to Quit Smoking 1- 2 p.m. Spa How to Treat Hepatitis C 3 - 4 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m.</p>	<p><b>18</b> Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. The Risk of High Cholesterol 2 - 3 p.m. Spa. Healthy Cooking 2:45 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids(Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m.</p>	<p><b>19</b> Blood Pressure Screenings 10 - 3:30 p.m. Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Self-Care For Adults How To Treat A Cold 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa</p>	<p><b>20</b> CPR/First Aid (Ages 14+) 10 a.m. - 1 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Domestic Violence Support Group 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.</p>	<p><b>21</b> <b>CENTER CLOSED</b></p>
<p><b>23</b> Nutrition and Exercise 10 - 11:30 a.m. Lap Read (Ages 0-5) 11:15 a.m. - 12:15 p.m. The Arts of Fruits and Vegetables 1- 2 p.m. Spa. The World of Juicing and Salads 2 - 3:30 p.m. Spa. Relax Using Art 4 - 5 p.m. Spa.</p>	<p><b>24</b> Zumba 9:30-10:30 a.m. Registered Dietitian Group Classes 10 a.m. - 1 p.m. Diabetes 11 a.m. - 12:15p.m. Healthy Blood Pressure 1- 2 p.m. Spa. Forgiveness 3 - 4 p.m. Spa. Basic First Aid (Not Certified ) 4 - 5 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m.</p>	<p><b>25</b> Developmental Screenings 10 - 12 p.m. (Ages 0-3) Lap Read (Ages 0-5) 10 - 11 a.m. What is Urinary Incontinence? 2 - 3 p.m. Spa. Healthy Cooking 2:45 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids(Ages 6 -12) 3:30 - 4 p.m. Arthritis 4 - 5 p.m. Spa. Zumba 5 - 6 p.m.</p>	<p><b>26</b> Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Child Abuse 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa.</p>	<p><b>27</b> CPR/First Aid (Ages 14+) 10 a.m. - 1 p.m. Eng. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Helpful Parenting Tips 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.</p>	<p><b>28</b> <b>CENTER CLOSED</b></p>
<p><b>30</b> Nutrition and Exercise 10 - 11:30 a.m. Lap Read (Ages 0-5) 11:15 a.m. - 12:15 p.m. The Arts of Fruits and Vegetables 1- 2 p.m. Spa. The World of Juicing and Salads 2 - 3:30 p.m. Spa. Fighting Stress Through Art 4 - 5 p.m. Spa</p>		<p> CRC Website</p>	<p>Classes in <b>BLUE</b> qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in <b>GREEN</b> are by appointment and registration only.</p>	<p>L.A. Care Member Orientation and Member Services (Mon- Fri) 9 a.m. - 4 p.m. Medi-Cal Enrollments (Monday - Friday) 9 a.m. - 5 p.m. Covered California Enrollments (Mon. Wed) 9 a.m. - 5 p.m. CalFresh Enrollments (Tuesdays) 9 a.m. - 4 p.m.</p>	<p><b>CENTER CLOSED</b></p>

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

## BE ACTIVE, HEALTHY & INFORMED



3200 E. Imperial Hwy.  
Lynwood, CA 90262



### CENTER HOURS:


Monday - Friday: 9 a.m. - 6 p.m.  
Saturday: CLOSED



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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p><b>2</b></p> <p><b>DÍA DEL TRABAJO</b></p> <p><b>CENTRO CERRADO</b></p>	<p><b>3</b></p> <p><b>Zumba</b> 9:30 - 10:30 a.m. <b>Dietista Registrada</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 a.m. - 12:15 p.m. <b>Como Examinar una Pupila Dilatada</b> 3 - 4 p.m. Esp. <b>Baile de Salsa Aeróbicos</b> 4 - 5 p.m. <b>Entrenamiento y Ejercicio de Escultura Corporal</b> 5 - 6 p.m.</p>	<p><b>4</b></p> <p><b>Clase de Lectura (Edades 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Concientización Sobre Cáncer de Colon</b> 2 - 3 p.m. Esp. <b>Cocina Saludable</b> 2:45 - 4:45 p.m. Esp. <b>Artes y Manualidades Para Niños (Edades 6 - 12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>5</b></p> <p><b>Nutrición y Ejercicio</b> 10 - 11:30 a.m. <b>Familia Cantando (Edades 0-5)</b> 10-10:45 a.m. <b>¿Qué es Tunel Carpiano?</b> 3 - 4 p.m. Esp. <b>Pilates</b> 3 - 4 p.m. <b>Baile de Salsa Aeróbicos</b> 4 - 5 p.m. <b>Superación y Relajación Personal a través del Arte</b> 5 - 6 p.m. Esp.</p>	<p><b>6</b></p> <p><b>RCP/Primeros Auxilios (Edades 14+)</b> 10 a.m. - 1 p.m. Esp. <b>Artes y Manualidades Para Niños (Edades 6 - 12)</b> 3:30 - 4 p.m. <b>Grupo de Apoyo de Violencia Doméstica</b> 3:30 - 5 p.m. Esp. <b>Cocina Saludable Para Niños (Edades 6 - 12)</b> 4 - 5 p.m.</p>	<p><b>7</b></p> <p><b>CENTRO CERRADO</b></p>
<p><b>9</b></p> <p><b>Nutrición y Ejercicio</b> 10 - 11:30 a.m. <b>Clase de Lectura (Edades 0-5)</b> 11:15 a.m. - 12:15 p.m. <b>El Arte de las Frutas y Vegetales</b> 1 - 2 p.m. Esp. <b>El Mundo de los Jugos y Ensaladas</b> 2 - 3:30 p.m. Esp. <b>Autoestima</b> 4 - 5 p.m. Esp.</p>	<p><b>10</b></p> <p><b>Zumba</b> 9:30 - 10:30 a.m. <b>Dietista Registrada</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 a.m. - 12:15 p.m. <b>Poco de Azucar en la Sangre</b> 3 - 4 p.m. Esp. <b>Baile de Salsa Aeróbicos</b> 4 - 5 p.m. <b>Entrenamiento y Ejercicio de Escultura Corporal</b> 5 - 6 p.m.</p>	<p><b>11</b></p> <p><b>Clase de Lectura (Edades 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Concientización Sobre Cancer Cervical</b> 2 - 3 p.m. Esp. <b>Cocina Saludable</b> 2:45 - 4:45 p.m. Esp. <b>Artes y Manualidades Para Niños (Edades 6 - 12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>12</b></p> <p><b>Exámenes de Presion Arterial y Glucosa</b> 10 - 1 p.m. <b>Nutrición y Ejercicio</b> 10 - 11:30 a.m. <b>Familia Cantando (Edades 0-5)</b> 10-10:45 a.m. <b>¿Qué es Diabetes Tipo 2?</b> 3 - 4 p.m. <b>Pilates</b> 3- 4 p.m. <b>Baile de Salsa Aeróbicos</b> 4 - 5 p.m. <b>Superación y Relajación Personal a través del Arte</b> 5 - 6 p.m. Esp.</p>	<p><b>13</b></p> <p><b>Despensa de Alimentos Patrocinado por SoCal Food Bank</b> <b>9:30-11:30 a.m.</b> <b>RCP/Primeros Auxilios - Virtual (Edades 14+)</b> 10 a.m. - 1 p.m. Ing. <b>Artes y Manualidades Para Niños (6-12)</b> 3:30 - 4 p.m. <b>Consejos Útiles Para Padres</b> 3:30 - 5 p.m. Esp. <b>Cocina Saludable Para Niños (6-12)</b> 4 - 5 p.m.</p>	<p><b>14</b></p> <p><b>CENTRO CERRADO</b></p>
<p><b>16</b></p> <p><b>Nutrición y Ejercicio</b> 10 - 11:30 a.m. <b>Clase de Lectura (Edades 0-5)</b> 11:15 a.m. - 12:15 p.m. <b>El Arte de las Frutas y Vegetales</b> 1 - 2 p.m. Esp. <b>El Mundo de los Jugos y Ensaladas</b> 2 - 3:30 p.m. Esp. <b>Curación a través del Arte</b> 4 - 5 p.m. Esp.</p>	<p><b>17</b></p> <p><b>Zumba</b> 9:30 - 10:30 a.m. <b>Diabetes</b> 11 a.m. - 12:15 p.m. <b>Como Dejar De Fumar</b> 1 - 2 p.m. Esp. <b>Como Tratar Hepatitis C</b> 3 - 4 p.m. Esp. <b>Baile de Salsa Aeróbicos</b> 4 - 5 p.m. <b>Entrenamiento y Ejercicio de Escultura Corporal</b> 5 - 6 p.m.</p>	<p><b>18</b></p> <p><b>Clase de Lectura (Edades 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>El Riesgo Del Colesterol Alto</b> 2 - 3 p.m. Esp. <b>Cocina Saludable</b> 2:45 - 4:45 p.m. Esp. <b>Artes y Manualidades Para Niños (Edades 6 - 12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>19</b></p> <p><b>Exámenes de Presión Arterial</b> 10 - 3:30 p.m. <b>Nutrición y Ejercicio</b> 10 - 11:30 a.m. <b>Familia Cantando (Edades 0-5)</b> 10-10:45 a.m. <b>Cuidado Personal de Adultos Para Tratar de un Resfriado</b> 3 - 4 p.m. Esp. <b>Pilates</b> 3- 4 p.m. <b>Baile de Salsa Aeróbicos</b> 4 - 5 p.m. <b>Superación y Relajación Personal a través del Arte</b> 5 - 6 p.m. Esp.</p>	<p><b>20</b></p> <p><b>RCP/Primeros Auxilios (Edades 14+)</b> 10 - 1 p.m. Esp. <b>Artes y Manualidades Para Niños (Edades 6 - 12)</b> 3:30 - 4 p.m. <b>Grupo de Apoyo de Violencia Doméstica</b> 3:30 - 5 p.m. Esp. <b>Cocina Saludable Para Niños (Edades 6 - 12)</b> 4 - 5 p.m.</p>	<p><b>21</b></p> <p><b>CENTRO CERRADO</b></p>
<p><b>23</b></p> <p><b>Nutrición y Ejercicio</b> 10 - 11:30 a.m. <b>Clase de Lectura (Edades 0-5)</b> 11:15 a.m. - 12:15 p.m. <b>El Arte de las Frutas y Vegetales</b> 1 - 2 p.m. Esp. <b>El Mundo de los Jugos y Ensaladas</b> 2 - 3:30 p.m. Esp. <b>Relájese Utilizando el Arte</b> 4 - 5 p.m. Esp.</p>	<p><b>24</b></p> <p><b>Zumba</b> 9:30 - 10:30 a.m. <b>Dietista Registrada</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 a.m. - 12:15 p.m. <b>¿Controlar la Presión Arterial?</b> 1 - 2 p.m. Esp. <b>El Perdón</b> 3 - 4 p.m. Esp. <b>Primeros Auxilios (Sin Certificado)</b> 4 - 5 p.m. Esp. <b>Salsa Aeróbicos</b> 4 - 5 p.m. <b>Entrenamiento y Ejercicio de Escultura Corporal</b> 5 - 6 p.m.</p>	<p><b>25</b></p> <p><b>Evaluacion del Desarrollo</b> 10 - 12 p.m. ( Edades 0-3) <b>Clase de Lectura (Edades 0-5)</b> 10 - 11 a.m. <b>¿Qué es La Incontinencia Urinaria?</b> 2 - 3 p.m. Esp. <b>Cocina Saludable</b> 2:45 - 4:45 p.m. Esp. <b>Artes y Manualidades Para Niños (Edades 6 - 12)</b> 3.:30 - 4 p.m. <b>Artritis</b> 4 - 5 p.m. Esp. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>26</b></p> <p><b>Nutrición y Ejercicio</b> 10 - 11:30 a.m. <b>Familia Cantando (Edades 0-5)</b> 10-10:45 a.m. <b>Abuso de Menores</b> 3 - 4 p.m. Esp. <b>Pilates</b> 3 - 4 p.m. <b>Baile de Salsa Aeróbicos</b> 4 - 5 p.m. <b>Superación y Relajación Personal a través del Arte</b> 5 - 6 p.m. Esp.</p>	<p><b>27</b></p> <p><b>RCP/Primeros Auxilios (Edades 14+)</b> 10 - 1 p.m. Ing. <b>Artes y Manualidades Para Niños (Edades 6 - 12)</b> 3:30 - 4 p.m. <b>Consejos Útiles Para Padres</b> 3:30 - 5 p.m. Esp. <b>Cocina Saludable Para Niños (Edades 6 - 12)</b> 4 - 5 p.m.</p>	<p><b>28</b></p> <p><b>CENTRO CERRADO</b></p>
<p><b>30</b></p> <p><b>Nutrición y Ejercicio</b> 10 - 11:30 a.m. <b>Clase de Lectura (Edades 0-5)</b> 11:15 a.m. - 12:15 p.m. <b>El Arte de las Frutas y Vegetales</b> 1 - 2 p.m. Esp. <b>El Mundo de los Jugos y Ensaladas</b> 2 - 3:30 p.m. Esp. <b>Combatiendo el Estrés por Medio del Arte</b> 4 - 5 p.m. Esp.</p>		<p> <b>CRC Sitio de Web</b></p>	<p><b>AZUL</b> Califican para el programa mis recompensas para una vida sana.</p> <p><b>VERDE</b> Por cita y registro solamanete.</p> <p><b>GRIS</b> Virtual. Porfavor llame al centro para registrarse.</p>	<p><b>Orientación y Servicio al Miembro de L.A. Care</b> (Lunes - Viernes) 9 a.m. - 4 p.m. <b>Servicios de Inscripción Para Medi-Cal</b> (Lunes - Viernes) 9 a.m. - 5 p.m. <b>Servicios de Inscripción Para Covered California</b> (Lunes, Miércoles) 9 a.m. - 5 p.m. <b>Servicios de Inscripción Para CalFresh</b> (Martes) 9 a.m. - 4 p.m.</p>	<p><b>31</b></p> <p><b>CENTRO CERRADO</b></p>

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

### SEA ACTIVO, SALUDABLE E INFORMADO

 3200 E. Imperial Hwy.  
Lynwood, CA 90262



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